

Letter from Mabel Hubbard Bell to Alexander Graham Bell, May 18, 1902, with transcript

Letter from Mrs. Alexander Graham Bell to Dr. Alexander Graham Bell. 1331 Connecticut Avenue, Washington, D. C. May 18th (1902) Dear Alec:

I was so very happy to get your letter. I didn't think it was literally within your blood, but fear it may have been so metaphorically!

My own dear you misunderstand me entirely. I realize as keenly as you can do the necessity of your starving yourself and I would not be a hinderance but a help if I were with you now. What you don't realize is that never before since we were married have I had such a chance as this month would have afforded me to help you starve. Always we have had some third person with us. If we two could have been alone we could have arranged things to suit ourselves.

I don't object and I have never objected to your starving in a proper systematic way. What I have objected to is improper unsystematic starving when a day's abstinence from food is followed by one big gorge!

What I believe in is meals on proper hours, but very little at a time and with food so selected that you should get the maximum of nourishment with the minimum of fat. Foods have been analized so that it is possible to eat enough to relieve hunger without taking what would add to fat. I would stop your oatmeal if I could, it is the very worst thing you could take, but I would be willing this time to let you do anything you liked so long as you did not go too 2 many hours at a time without anything at all and then filled up. If you would only do as I do. I have one and a half cups of coffee, one small piece of toast and fruit for breakfast, a good lunch and then some good thick soup for dinner and coffee and

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that is all. At bedtime I take an apple or banana. This amounts to one good meal a day and one only and I think it is enough.

It is mail time so I send you your letters and my love and many, many thanks for your letter, and please try and get thin and walk a lot. But if you are not well send for me. If you will walk and won't gorge I shan't mind the starving. What I dread is that in one meal you will take enough to neutralize all the good you did before and certainly a full meal on an empty stomach must be much worse than several moderate meals.

Lovingly always, Your Mabel. Isn't it awful St. Pierre and Paul Leicester Ford.